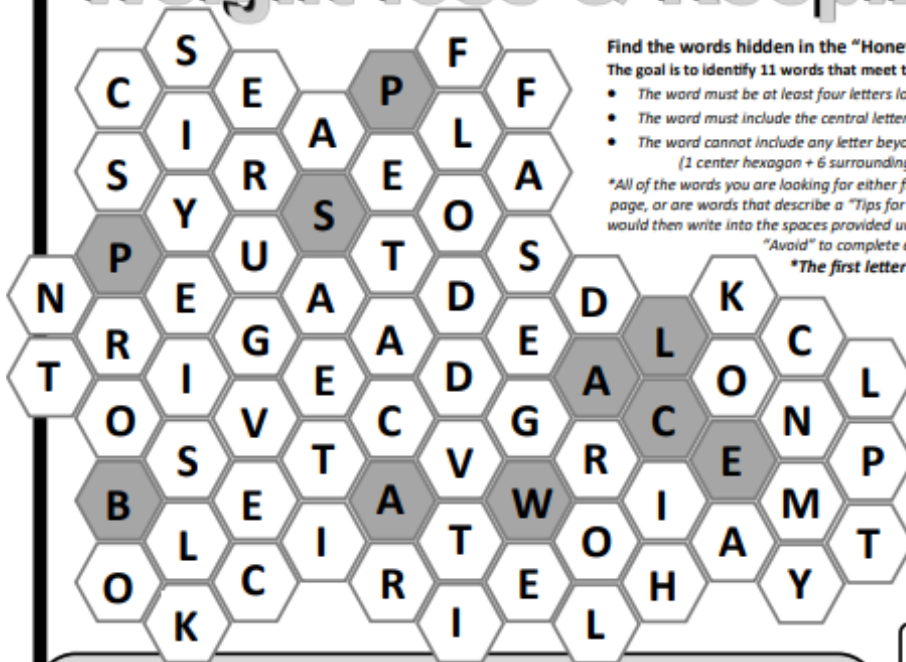


**To cancel your meal, please call  
321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>March 1</b> <b>Cheddar Melt</b> Hamburger Carmelized Onions Cheese Sauce WG Hamburger Bun Baked Beans Banana
<b>March 4</b> Country Fried Steak w/white pepper gravy Mashed Potatoes Tomatoes & Okra Grapes WG Roll	<b>March 5</b> Grilled Chicken Teriyaki Vegetable Fried Brown Rice with Vegetables Sugar Snap Peas Applesauce WG Roll	<b>March 6</b> <b>Briar Patch Bake</b> Ground Beef White Macaroni and Cheese Shredded Cheddar Sliced Zucchini Pineapple WG Garlic Roll	<b>March 7</b> * Chicken Bacon Club Au Gratin Potatoes Stewed Tomatoes WG Hamburger Bun Diced Peaches	<b>March 8</b> <b>Alfredo Plate</b> Cavatappi Pasta Alfredo Chicken Breast Pieces Broccoli Orange Wedges WG Roll
<b>March 11</b> * BBQ Pork Riblet Sandwich Succotash Tater Tots WG Bun	<b>March 12</b> * Oven Fried Chicken Tenders Navy Beans Collard Greens with Onions & Bacon Fruit Cocktail WG Biscuit	<b>March 13</b> Crab Cake Broccoli Pesto Rice Pineapple Melon Salad WG Roll	<b>March 14</b> Sliced Turkey & Gravy, Mashed Potatoes California Blend Rice Pudding with Raisins WG Roll	<b>March 15</b> <b>RAVIOLI PLATE</b> Cheese Ravioli Savory Meat Sauce Mixed Vegetables Banana WG Roll
<b>March 18</b> Spaghetti W/Marinara Sauce Green Peas Diced Peaches WG Roll	<b>March 19</b> * Jambalaya with Kielbasa, Vegetables Red Beans & Rice Southern Cabbage Diced Pears Cornbread	<b>March 20</b> * Yellow Basmati Rice Chorizo Sausage Onion/Peppers/Peas Diced Grilled Chicken Cinnamon Apples WG Roll	<b>March 21</b> Hamburger with WW Bun, Tomato, Lettuce, Onion Home Fried Potatoes Carrots w/ Dill Fruit Salad with Blueberries	<b>March 22</b> Fajita Plate Chicken Fajita Peppers & Onions WG Tortilla Apple Juice Sour Cream pack
<b>March 25</b> Apricot Lemon Glazed Chicken Leg Quarters Scandinavian Veggies Buttered Orzo Melon & Fruit Salad WG Roll	<b>March 26</b> Italian Pasta Plate * Italian Sausage & Pepperoni Pasta Shells Mixed Vegetables Pineapple WG Roll	<b>March 27</b> <b>MOM'S MEATLOAF</b> Meatloaf With Gravy Arugula Mashed Potatoes Herbed Carrots Tropical Fruit WG Roll	<b>March 28</b> Johnny Marzetti Ground Beef, Egg Noodles, Tomato, Onions, Peppers, American Cheese Green Beans Pears WG Roll	<b>March 29</b> Breaded White Fish w/Tartar Sauce Green Peas Korean Corn Diced Peaches WG Bun
<b>APPROVED:</b> _____		<b>DATE:</b> _____		

# Weight loss & Keeping it off



## Find the words hidden in the "Honeycomb"

The goal is to identify 11 words that meet the following criteria.

- The word must be at least four letters long.
- The word must include the central letter.
- The word cannot include any letter beyond the seven given letters.  
(1 center hexagon + 6 surrounding hexagons)

\*All of the words you are looking for either fit into the sentences at the bottom left of the page, or are words that describe a "Tips for Losing Weight and Keeping it Off," that you would then write into the spaces provided under "Choose" or "Avoid" to complete each two word phrase.

\*Avoid to complete each two word phrase.

\*The first letter of each word has been shaded in for you.

## Choose:

SMALLER

PLAIN

GRAINS

## Avoid:

CALORIES

PORTIONS

DESSERTS

SUGARS

Fill-in the blank with the appropriate word found to complete each sentence.

1. A \_\_\_\_\_ is a measurement for energy in food. One way to help manage yours is by drinking water with and between your meals.
2. Vary your \_\_\_\_\_ routine.
3. Staying physically \_\_\_\_\_ can help you arrive and stay at a healthy weight.
4. Healthy eating and physical activity are the building \_\_\_\_\_ of a healthier life.

Challenge: Once you have found the words that fit in each fill-in section, grab a piece of paper and write down any additional words you may have found!

**Choose:**

SMALLER

PLAIN

GRAINS

PLATES

**Avoid:**

WATER

WHOLE

EMPTY

LARGE

SUGARY

ADDED

SUGARS

DESSERTS

PORTIONS

CALORIES

Fill-in the blank with the appropriate word found to complete each sentence.

1. A **CALORIE** is a measurement for energy in food. One way to help manage yours is by drinking water with and between your meals.
2. Vary your **PROTEIN** routine.
3. Staying physically **ACTIVE** can help you arrive and stay at a healthy weight.
4. Healthy eating and physical activity are the building **BLOCKS** of a healthier life.

# Weight loss & Keeping it off